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In the summer of 2023, Vaasvi Singal, a student of Sat Paul Mittal School, Ludhiana, contacted me, requesting an internship with my team to better understand the nuances of clinical psychology. Initially, I was sceptical about allowing a Grade 11 student with little knowledge about the field to interact and work with my experienced team. However, this changed once I talked to Vaasvi.

Not only did she display a deep interest in clinical psychology but also an enthusiastic desire to be a sponge and learn as much as she could. The internship required her to step up and acquire the knowledge of advanced concepts far beyond her school curriculum. She spent two weeks understanding various psychological disorders, studying multiple case studies, and exploring new and complex topics like Cognitive Behavioural Therapy and Rational Emotive Behaviour Therapy, among others.

Eager to maximise her learning and go beyond the scope of lectures and group discussions, Vaasvi also interacted with patients and their families. While understanding their unique challenges and situations, she took care to be extremely sensitive and respectful towards them. She also discussed these cases with her internship supervisors.

A highly commendable quality that I noticed in Vaasvi was that she was open to correction and never afraid of being judged. Instead, she directed all her energies towards learning from the rich knowledge and experience of the team she was working with. I truly wish that more young students like her decide to opt for careers in psychology.

Displaying an understanding far beyond her years, she asked insightful questions during group discussions with the team. She would not rest easy until she had completely grasped a concept. Often, even after participating in extensive discussions with her supervisors, she would approach me for further clarifications. She resolutely pursued her queries till the time she was logically satisfied with the answers she received. The persistence and determination that she exhibited in her quest for knowledge are qualities worth applauding.

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Timings : 8:00 am to 9:00 am and 2:00 pm to 8:00 pm (Sunday - by prior appointment only)

Note : This prescription is not meant for medico-legal purpose.

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Vaasvi's dedication to the responsibilities allotted to her was also admirable. She consistently completed all her research assignments on time and actively sought out more projects. She often took home case studies and returned the next day with extensive notes that enabled her to better understand a given subject.

Vaasvi informed me that recently she had successfully completed a comprehensive online specialisation on Positive Psychology offered by the University of Pennsylvania. She further shared that she is planning to conduct research into the physical, emotional, and mental issues related to menarche as well as their impact on the psychology of girls. Her passion towards the topic and burning desire to alleviate the challenges of menstruation were evident during our conversation.

I am sure she will pursue this research with the same untiring dedication that she displayed during her internship and make meaningful contributions to the community.

I am also confident that Vaasvi's diligence and thoroughness, coupled with her enthusiasm for the field of research, will make her a great addition to the University fraternity.

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